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HenCo<sup>®</sup> *for YOU*

**MORE THAN PROFESSIONAL**



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# HK33 Electro muscle stimulation machine

## User manual



## Warning

Dear user:

Thanks for your attention to our product

★ For better use this machine, please read through the user manual and follow the instruction of this machine in detail when you operate the machine.

★ It forbids someone to open and remove the mainframe of this machine besides authorized from the company.

★ Please contact our in time if there are any question during operation.

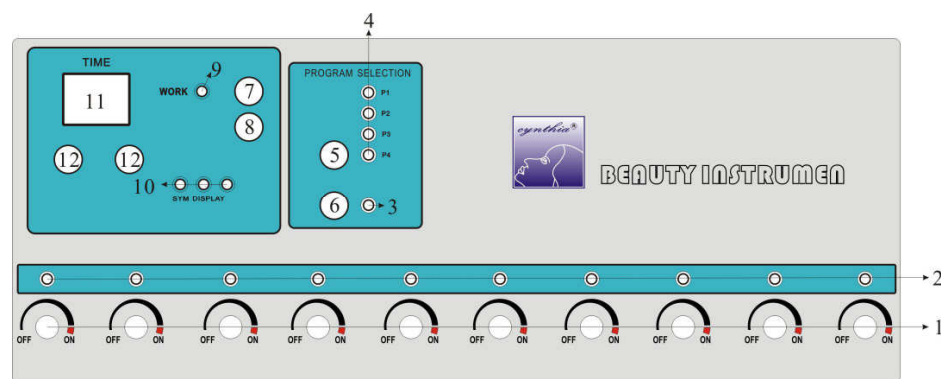
★ Professional technique from our company to satisfy your kinds of requirements in a good way.



## Machine instruction

EMS is designed according to the customer's needs. It's easy to operate. It has the function to reduce the weight, lift and plump the breast, accelerate the Lymphocinesia and help to detox.

Imitate the Bio-wave principle, use micro-current to stimulate the cell, massage the acupoint so as to achieve the effect as above mentioned.



1. Working intensity adjusting knobs
2. Indicator light of each set
3. Auto mode indicator light
4. P1, P2, P3, P4 working mode indicator light
5. P1, P2, P3, P4 working mode selecting button
6. Auto mode selecting button
7. Power button
8. Frequency of working wave selecting button
9. Power indicator light

10. Working wave indicator light
11. Working time display frame
12. Working time adjusting button

## Functions

### **1.Weight loss:**

Stimulate the muscle nerves with micro-current, generate expanding and retracting actions in rhythms that appear when you are running fast or jogging, so as to obtain good effect of weight loss.

### **1. Body slimming:**

Imitate the stimulation to the muscles by fierce exercise like running, rope skipping, sit-up etc to tighten the muscles that could not be exercised by simple exercise. (Tightening the loose muscles)

### **2. Breasts care (firmness):**

Imitate chest expanding exercise to strengthen the pectoralis major, pectoralis minor and serratus anterior stimulate the capillaries and nerves in epidermis and dermis, make the cell to generate hydration to supply oxygen and nutrients, restore the elasticity of the saggy chest.

### **4. Lymph drainage:**

By means of strengthening the Lymphocinesia, guide and stir up the fluids in the artery, vena and lymph vessel to flow faster. Thus plenty oxygen and nutrition could provide to cell metabolism, the waste and toxins produce during the metabolism will be drained out.

## Operation instructions

1. Connect the power line and press the power switch. If any of the intensity adjusting knobs was not returned to zero, there will be a chime.
2. Press “SELECT” button to select a working mode from P1 – P4, or press the

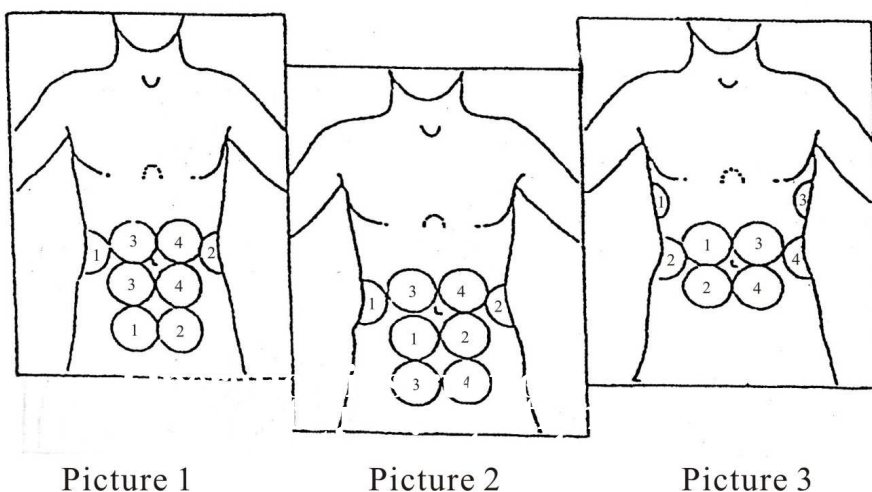
“AUTO” button. If select a mode from P1 – P4, the corresponding indicator light will be on, if select auto mode, the Auto mode indicator light will be on.

3. Press “SPEED” button to select the frequency of working wave. Skip this step if select Auto mode.
4. Set the working time.
5. Plug the electrodes to the outlet, put them on the treating part, and use the belt to fasten them. Please do not put them against the heart. Refer to the indicator diagram on how to place the electrodes.
6. Press the “PAUSE/START” button and the machine will start to work.
7. Adjust the intensity with the corresponding knob to a suitable level that the customer could bear.
8. Cut of the power after finishing the treatment.

## Operation details

Separate the electrodes into 10 sets, put them on the part as the below picture shows. If there is no enough room to put the electrodes, could cover 1/4 or 1/3 of an electrode with another. Do not cross the electrode on two sides of the body.

If treat on two part, please postpone the sequence of the electrodes. For example: If treat both on the abdomen and leg, the sequence of the electrodes on the abdomen is 1, 2... and on the leg would be 5, 6...

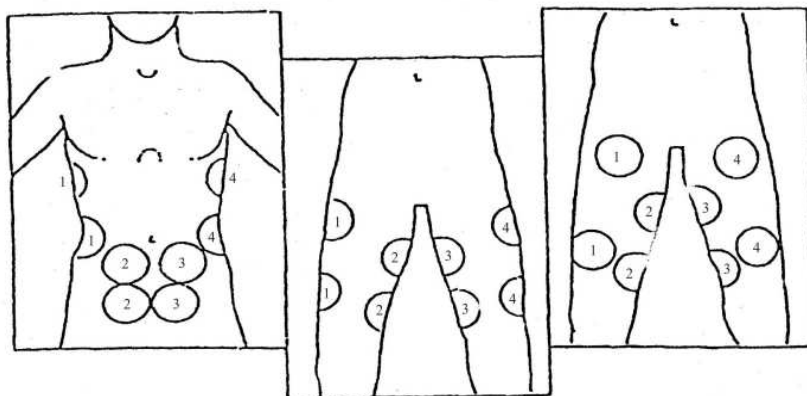


Picture 1, 2, 3 is treating on the waist and abdomen.

Place the electrodes as the Picture 1 could reduce the fat of the front abdomen and beer belly.

Place as Picture 2 could treat the saggy abdomen.

Place as Picture 3 could reduce the fat on each side of the waist and lift the saggy waist.



Picture 4

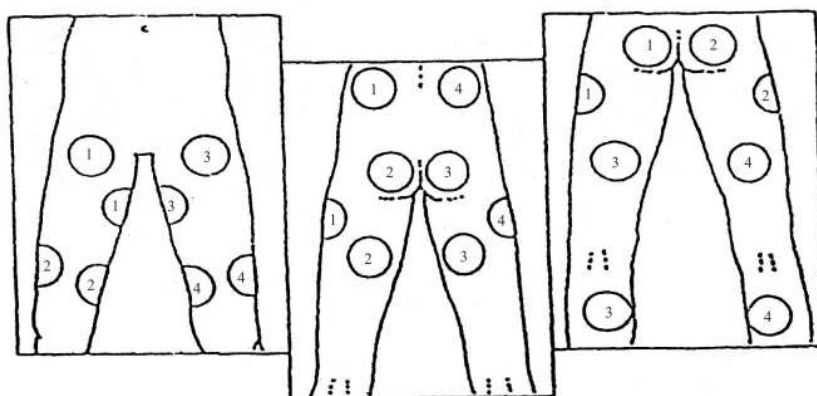
Picture 5

Picture 6

Place as Picture 4 could reduce the lumbar and underbelly fat.

Place as Picture 5 could reduce the fat on the inward and outward thigh, and it could tighten the loose muscles of these parts.

Place as Picture 6 could reduce the fat on the lap and inward thigh, and it could tighten the loose muscles of these parts.



Picture 7

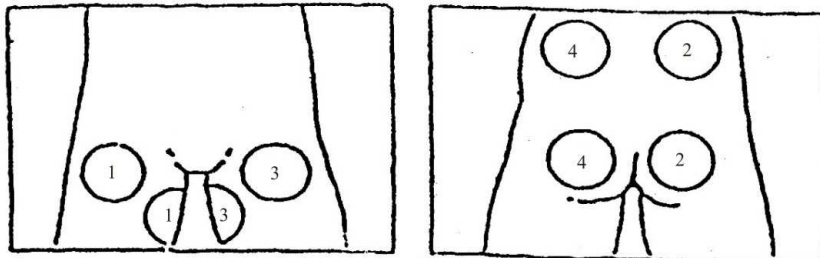
Picture 8

Picture 9

Place as Picture 7 could reduce the fat on the lap and upper inward thigh and the fat above the knee, and it could tighten the loose muscles of these parts.

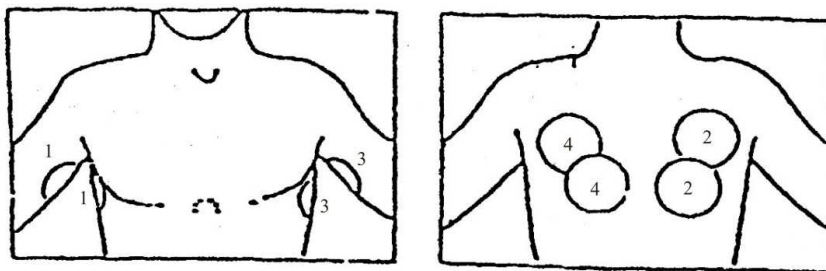
Place as Picture 8 could reduce the fat on upper and lower hip and the fat on outward thigh, and it could tighten the loose muscles of these parts.

Place as Picture 9 could reduce the fat on middle and lower hip, the fat on outward and dorsal thigh, and the fat on calf. And it could tighten the loose muscles of these parts.



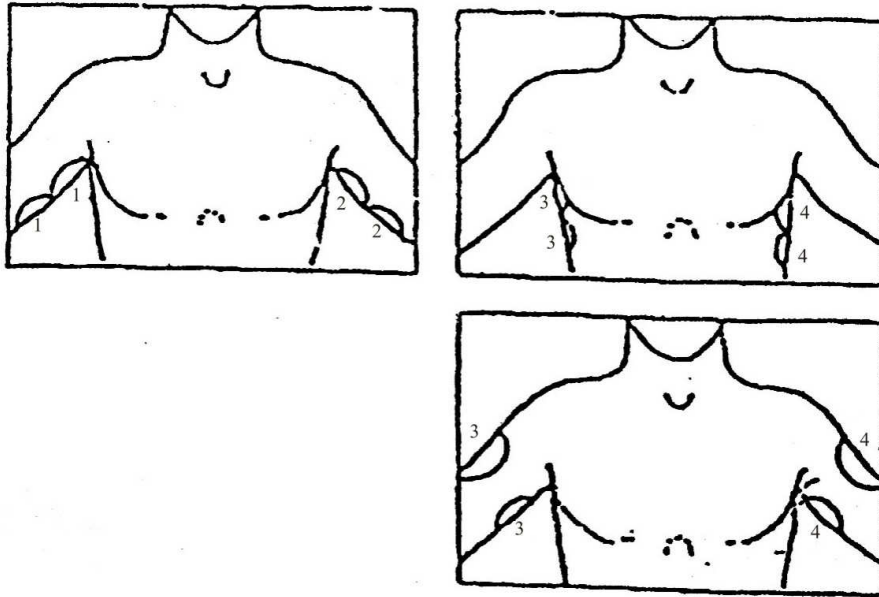
Picture 10

Place as Picture 10 could reduce the fat on the lap and inward thigh, and the fat on upper and lower hip, and it could tighten the loose muscles of these parts.

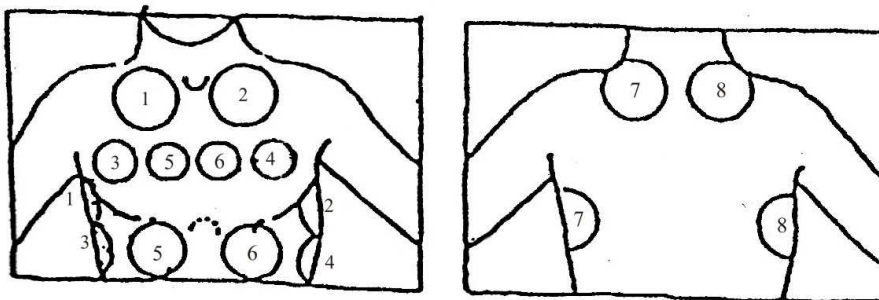


Picture 11

Place as Picture 11 could reduce the fat on the inward arm and outer, and the fat on the back. And it could tighten the loose muscles of these parts.



Picture 12



Picture 13

Place as Picture 12 could reduce the fat on inward and outward arm, and the fat on the under the outer. And it could tighten the loose muscles of these parts.

Place as Picture 13 could reduce the fat around the chest, accelerate the blood circulation and stimulate ligament.



## Cautions

1. Please don't place the electrodes on the injured and inflamed muscles.
2. Please don't place the electrodes on the parts that have been operated within 10 months.
3. Please don't treat on the abdomen within 1 hour after meal.
4. People with heart disease please don't use this machine.

5. People with serious gastric disease, enter hepatitis, vesical calculus and nephrolith please don' t use this machine.
6. People with epilepsy and alcoholism please don' t use this machine.
7. Pregnant women please don' t use this machine.